



NAVAL BASE CORONADO

SAF-T-LINES



NOVEMBER 2005

VETERANS DAY *and* **THANKSGIVING DAY SAFETY**



Veterans' Day is both a somber and joyful celebration for all Americans. We honor the men and women who have given of their time, youth, strength, endurance, and family separation to serve their country. We pay profound tribute to the men and women who have given the ultimate sacrifice, their lives, to secure the safety and freedom of our nation and of the world.

Thanksgiving Day in America is a time to offer thanks, family gatherings, and holiday meals. A time of turkeys, stuffing, and pumpkin pie. A time for Indian corn, holiday parades and giant balloons. Thanksgiving provides an opportunity for us to give thanks for our freedom and think about those who go into harm's way to preserve it, including our forward-deployed sailors and marines.

Many of our sailors, marines, civilian employees, and their families will be traveling or taking part in winter activities over the Veterans Day and Thanksgiving holiday weekends. These long weekends, however, are often marred by accidents, especially those involving privately owned

vehicles and winter sports. To help avoid needless tragedy and to ensure that personnel are prepared for the upcoming holidays, everyone must do the following:

- Plan and prepare your travel and recreational activities. Know the hazards of winter driving, especially when driving in bad weather. If you plan to ski or snowboard in mountainous areas, make sure that you understand how dangerous these activities are.
- Supervisors need to identify personnel who are high-risk and counsel them. Explain the risks to these personnel and help them take steps that could save their lives.
- Personnel need to understand their responsibilities in making safe decisions.
- Supervisors need to ensure that unit-notification and ride-home programs are in place and fully functional.

TIGHTEN YOUR BELT FOR THIS TURKEY WEEKEND

During the Thanksgiving weekend more miles are driven than any other holiday during the entire year. The desire to spend some time with family and friends to reflect and give thanks for a safe and prosperous year means more to all of us than ever before.

It is extremely important for all of us to achieve 100% seat belt usage for all drivers and passengers during this weekend to keep you safe and save lives. Seat belts are the single most effective device in preventing serious injuries and reducing fatalities. An estimated 12,000 lives are saved by seat belts each and every year.

This may sound simple, but do you actually realize that your body is going the same speed as your vehicle? If you are traveling at sixty miles per hour and your car comes to a halt, your body that was also traveling at sixty needs to come to a stop as well. If you are not wearing your seatbelt, your body will be stopped by the steering wheel, windshield, dashboard or any other object with which you may come in contact. If you do not wear your belt you have a good chance of being ejected from your vehicle and having a tree, pavement or another vehicle or structure bring you to screeching painful and perhaps fatal halt.

Some people have developed an attitude that if my car has airbags then I do not need to wear a seat belt. Actually, nothing could be further from the truth. The facts are that seat belts and air bags work in concert with one another. If you are not wearing a seat belt and you are in a crash, the seat belt keeps your body from moving around inside the car. When you have your seatbelt on and the air bags deploys, your body is in the correct position to receive the benefit of the airbag. If you do not wear your belt and your body is now moving around inside the car when the bags deploys, it could actually cause serious injury to you because now your head and or chest are not in the proper position to receive the protection the bag offers.

In many cases, injuries occur due to the angle of the bag or distance from the airbag. This is exactly why children in car seats must ride in the rear seat because their bodies cannot be

properly positioned in the front seat to receive protection from the air bag. The angle and distance are not correct and only injury would result. This is also why an adult must wear a seatbelt, to be in the proper position to receive the protection from the deployed airbag.

This Thanksgiving make the conscious choice and risk assessment to wear your seatbelt and insist that all your passengers do as well. Make sure everyone arrives alive to share turkey with their loved ones and also enjoy the leftovers when you get home. Make this the safest holiday season ever by making the emotionally intelligent decision to **BUCKLE UP!**

TALKING TURKEY ABOUT THANKSGIVING SAFETY

Let's be honest about it: The holiday season isn't just about family get-togethers and renewing old acquaintances. This is the time of year for cooking and eating wonderful things, such as the turkey feast with all the trimmings; that is the focal point of Thanksgiving holiday.

And while all sailors, marines and civilian navy personnel are looking forward to sharing the holiday meal with their own families, everyone need to be extra careful as nearly 50 percent of all house fires across the nation start in the kitchen. Care should always be taken while working in the kitchen.

Thanksgiving would not be the same without turkeys, yet very few people take the time to learn how to handle them properly. Any poultry needs special attention when handling. Thawing a frozen turkey the proper way is important to the safety of your family.

Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria. The safest way to thaw a turkey is thaw it in the refrigerator. You should do this with the turkey still in its' own unopened wrapper breast facing up and placed on a tray. The accepted rule of thumb for thawing time is 1-day in the refrigerator for every four pounds of turkey.

In an effort to ensure everyone has a happy and safe turkey day, NBC Safety Office staff offers the following kitchen safety tips:

- Start holiday cooking with a clean stove and oven.
- Keep the kitchen off-limits to young children and adults that are not helping with food preparation to lessen the possibility of kitchen mishaps.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.
- Keep thanksgiving decorations and kitchen clutter away from sources of direct heat.
- Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The

candleholder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

- Never use water on a grease fire. Extinguish the flames with a metal lid or large pot if portable fire extinguisher is not available.
- In the event of fire or medical emergency, always call 911.

Turkey Fryers

- Turkey fryers should always be used outdoors a safe distance from buildings and other materials that can burn.
- Never use turkey fryers on wooden decks or in garages. Don't use them under eaves or overhangs.
- Use turkey fryers on a flat surface to keep them from tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you are not careful, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer.
- Do not overfill the fryer. Doing so may cause the oil to catch fire from the burner. The fryer must be large enough to hold the oil and the turkey with plenty of room between the top of the oil and the top of the fryer. Test yours out using water before heating the oil, if you have any doubts about the size of the fryer. Don't try to fry a turkey that is too large.
- Lids and handles can become extremely hot. Use well-insulated potholders or oven mitts when handling any part of the aluminum pot.
- Wear safety goggles to protect your eyes in case of oil spatter.
- Keep an ABC multi-purpose dry chemical fire extinguisher nearby. Never use water to extinguish a grease fire.
- Follow the manufacturer's directions. Go to: <http://www.ul.com/consumers/turkeys.html> for more safety information on Turkey Fryers.



HAVE A SAFE AND HAPPY THANKSGIVING!

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 15 November, and 7 December 2005
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 16 November, and 8 December 2005
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
Respiratory Protection Program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

NAVAL BEACH GROUP ONE (NBG-1)
WEAPONS

17 NOV
21 NOV

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

RON CABLAY	545-1052	THOMAS HIRZEL	767-7546
RICK LEWIS	545-8162	DEL RIVERA	545-4198
RUBEN RODRIGUEZ	545-1055		

FAX NUMBER – 545-1053 DSN: 735-1053

The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.